

## **Meditation: Through Spaciousness, Manifest Qualities That Benefit Others**

Arrange a comfortable position for your body. Become aware of your surroundings, aware of the presence of others gathered here. Be aware that you are supported by everyone here, and you are also a support for others.

Bring your attention to this moment, here and now.

Feel the contact with the support under you. Feel the presence of your hands resting in stillness. Feel the stillness throughout your body. Take a few breaths, breathing in gently, slowly, deeply, and as you release each breath, allow the effort held in your body to release. Rest in stillness.

Bring your attention to the silence within and around you. Actively listen to the silence. As you begin to hear the silence, loosen the effort of listening, and allow yourself to feel the silence. Take a few gentle, slow, deep breaths and as you release each breath, release any effort held in your voice and rest in the silence. Become the silence.

Gradually draw your attention inward and rest your attention in the space in and around your heart.

Become aware of the recent past, of what may be living in you and may be holding your attention. Breathe in gently, slowly, deeply for a few breaths, touching these memories with breath and awareness. With each exhalation, gently release the effort of mind to dwell in the past. With each inhalation, connect with the freshness of this present moment. Rest in this present moment, in the spaciousness of your heart. Release the effort of mind to dwell on the past and rest in the freshness of this present moment.

Now become aware of the tendency of mind to plan or anticipate the future. Feel anything that is active in you such as worry or anxiety. Breathe in gently, slowly, deeply for a few breaths, and as you breathe in touch any experiences of anxiety or worry with breath and awareness. With each exhalation, gently release the efforts of mind to plan, to anticipate, to worry about the future. Imagine this effort dissolving with the breath into the openness and spaciousness within and around your heart. Release the effort of mind to anticipate and plan and rest in the freshness of this present moment.

Now reflect on how you are experiencing yourself in this present moment of your life. Become aware of a challenge you are facing. Recognize any concern or anxiety that occupies you. Become aware of the stories you hold about yourself, about another, about the world. Breathe in gently, slowly, deeply, touching the effort held in the stories that bind you. As you breathe out, release the effort to fix or change or improve or try and let all your thoughts, emotions, and experiences breathe. Let them arise, let them be. Let all efforts of mind release in this moment. Rest in the openness of this present moment. Rest in the spaciousness at the heart.

As the efforts of the mind loosen and release with each breath, trust the spaciousness and openness of this present moment. Openness is the source of positive qualities. Feel the embrace of the sacred spaciousness of your heart. As you rest, aware and connected to the source within, fear, anger, doubt naturally exhaust.

As you are aware of and trust the spaciousness of your open heart, the healing qualities you need will spontaneously arise. Allow these positive qualities to move throughout your body, breath, and mind.

Resting in the sacred space of the heart, receive the nourishment you need. Rich with healing qualities, allow these qualities to move, to radiate from your heart. Allow the positive healing qualities to touch others in your life who are in need.

Trust the spontaneous movement of positive, healing qualities arising within you. Allow these qualities to express in your life, in your relationships, in the world.

**[Introduction to the mantra recitation]**

As you sing A, white light radiates from your forehead center in all directions. This light pervades, purifies, and supports a deep release of the efforts of your pain body, your identity, and all karmic conditions, injuries, and illnesses related to your body. This white light touches every cell of your body, unblocking and opening your channels and your chakras. Feel a pervasive sense of stillness, a deep connection to the source, the infinite space, the source of all positive qualities. Radiate white light from this unbounded sacred space to others, supporting the release of karmic obscurations and illnesses and bringing healing. Feel the awakening of the unbounded sacred space within you and all beings.

As you sing OM, red light radiates from your throat center, supporting a deep release of the efforts of pain speech that cause harm and injury to yourself and others. Feel a connection to the silence. From the awareness of that silence, the power and clarity of your true voice emerge. Radiate red light to others supporting the release of pain speech, bringing the healing of divisions, bringing peace. Feel the power and clarity of your true voice.

As you sing HUNG, blue light radiates from your heart center and purifies all efforts of your pain mind—pervading and dissolving all your fears, emotional wounds, doubts, and obscurations. Connect with deep openness in your heart. From the awareness of the openness of your heart emerge the four immeasurable qualities of love, compassion, joy, and equanimity. Receive deep healing and benefit from these spontaneously arising qualities. From the light in your heart radiate these immeasurable qualities to others, supporting the healing of wounds and the awakening of positive qualities, inspiring immeasurable positive expressions that bring benefit.

A OM HUNG...

[Period of mantra recitation ~ 5 minutes]

[Period of silent meditation ~ 15 minutes]